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⑤④ **Convertible exercising apparatus.**

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Description

The invention relates to physical exercising apparatus and more particularly to free-standing physical exercising apparatus which affords a wide range of exercises.

Exercising apparatus of the nature of gymnasium equipment is well known and increasingly is being used privately in domestic homes. Up until now, however, to accommodate the wide variety of different exercises consistent with a balanced program of exercise it is necessary to use different items of exercising apparatus. Especially in the domestic situation the expense and bulk of the various different pieces of apparatus required to give a reasonably comprehensive program of exercises has militated against such home use. The same drawbacks also apply to most of the more versatile (multi-exercise) units designed for the home.

In GB-A-1326263 of Selnes there is disclosed a versatile exercise machine which in one configuration (Figure 4) can be used for performing rowing-type exercises and which in another configuration (Figure 1) can be used for performing walking or running type exercises. The machine comprises a base frame on which are pivoted a pair of platforms, a supporting member pivoted on the base frame between the platforms and a crossbar fitted to the free end of the supporting member. The supporting member is retained in position by stays or cords. Resistance is afforded by means of the user's own body weight. In some configurations (Figures 1, 3, 4, 7 and 8) the machine is free-standing, while in other configurations the machine is supported on a wall.

In US-A-3902717 of Kulkens there is disclosed a multi-function exerciser having a resistance mechanism comprising a spring-loaded arm or lever which is pivoted above a ground-supported base. A sliding seat and a foot brace are provided on the base so that by pulling on a handle attached to a cable trained around pulleys and attached to the upper part of the arm or lever, a user can perform rowing-type exercises.

AU-A-405617 of Perrine discloses an exerciser having a base member, an arm pivoted on the base member and on which a handle is slidably mounted. Exercise is carried out by sliding the handle along the arm against the action of resistance means.

FR-A-2511879 of Mannet discloses a rowing machine having several adjustable rowing arms which afford the ability to perform rowing exercises with the arms in different orientations. Referring to Figure 1, the Mannet rower comprises track rails supported on front and rear X-frames. The front frame has a telescopically adjustable footrest. Pivoted arms and cylinder assemblies are mounted at the ends of telescoping extensions which extend from the front frame. In the configuration shown in Figure 1, the plane of ro-

tations of the pivoted arms is substantially horizontal. However, these planes can be reoriented to a vertical position (see Figure 2) because of the pivoted arrangement of the lever and cylinder units at the ends of the extension members. When moved to the upright positions, the pivoted arms also must be brought closer to the track rails so that the user, while still supported on a seat on the machine, can reach the handle portions of the pivoted arms. This is accomplished by telescoping extensions within the frame legs. In either of the configurations of Figures 1 or 2, the device still functions as a rower, but the angular movements of the levers are changed to work different muscles of the arms and upper torso.

FR-A-2416700 of Patentec discloses a rowing machine having a resistance generating mechanism comprising a flat strap of nylon webbing which runs through a spring-loaded undulating path as the handle assembly to which it is attached is reciprocated. In all other respects, this rowing machine is no different from conventional machines designed strictly for rowing.

DE-A-2347029 of Thor discloses an ordinary rowing machine having a single centrally located pivoted lever and a single hydraulic cylinder.

US-A-3586322 of Kverneland discloses an ordinary cable and spring type rower which is adapted to be mounted on a wall with the cables and handles at the top of the unit.

US-A-432598 of Bryon discloses a rowing-type exerciser having a longitudinally adjustable foot support assembly, and pivoted arms and cylinders which are mounted on folding outriggers.

It is, therefore, an object of the invention to provide a simple and compact free-standing exercising apparatus which is adaptable so that a range of different exercises including rowing exercises are possible with one machine.

According to the invention there is provided a portable free-standing physical exercising apparatus capable of use in a generally horizontal and generally upright position and adapted to be selectively used as a rowing machine or for performing other types of exercises, and having a frame, at least one pivoted movable lever operatively connected to said frame and having a handle adapted to be grasped and moved by a user, resistance means operatively coupled to said lever for providing resistance to the movement of said handle, a longitudinal track attached to said frame, a seat slidable along said track, means for bracing the user's feet, a user support, and means for firmly attaching said user support to the apparatus substantially perpendicular to said frame such that when the frame is upright the user can grasp and move said handle while supported at least in part on said user support to stabilize the apparatus during exercise.

Preferably said frame is adjustable in length. The

frame may include a longitudinal member comprising two telescoping portions. Preferably the apparatus is characterised by ground-engaging frame support means comprising a support foot at the distal end of each telescoping portion. One of said support feet is preferably extendible to vary the angle of inclination of said frame. Preferably the track is parallel to said longitudinal member.

The exerciser may be characterised by coupling means for detachably coupling said user support to said frame. The coupling means may couple one end of said user support to one end of said longitudinal member. The coupling means may comprise cooperating male and female coupling elements at said ends of said user support and said longitudinal member. The coupling means preferably comprises a socket at one end of and generally perpendicular to said longitudinal member, and a projecting beam at one end of said user support adapted to be received in said socket.

The user support may comprise a bench. Track coupling means may be provided on the underside of said bench for coupling said bench to said track.

In a preferred embodiment two levers are pivoted to said frame on opposite sides of said longitudinal member, each of said levers having a handle at its distal end adapted to be grasped and moved by a user, a fluid cylinder interconnecting said frame and an intermediate portion of each lever for providing resistance to the movement of the levers. Each of said fluid cylinders may be adjustably coupled to the intermediate portion of the lever selectively to vary the resistance to movement.

Ground-engaging auxiliary support means may be provided on or forming part of the frame and/or on or forming part of the user support for supporting the apparatus with the frame in the upright position. The auxiliary ground-engaging frame support means may include ground-engaging means on the underside of said user support.

The invention is diagrammatically illustrated, by way of example, in the accompanying drawings in which:

Figure 1 is a perspective view of physical exercising apparatus adapted for use as a rowing machine;

Figure 2 is a perspective view of the apparatus of Figure 1, and showing the apparatus adapted for exercise with the user supine;

Figure 3 is a perspective view of the apparatus of Figures 1 and 2, and showing the apparatus in a third operative condition;

Figure 4 is a bottom perspective view of a bench member;

Figure 5 is a front elevational view of an adjustable ground-engaging member, by means of which the apparatus can be inclined; and

Figures 6a to 6i show nine different exercises

which can be performed using the apparatus of Figures 1 to 4.

In the drawings free-standing physical exercising apparatus according to the invention comprises a substantially rectangular framework 1 having a pair of square-section bars 2 and 3 respectively interconnected near their ends by a pair of round-section bars 4. A pair of levers formed at their free or distal ends with handles 5 are pivotally mounted on the bar 3 near to the opposite ends thereof and the levers are connected to the piston rods 7 of a pair of hydraulic dampers 19, the cylinders 6 of which are pivotally mounted on the bar 2 near to the opposite ends thereof. The connection between the levers and the piston rods are by means of manually adjustable clamps 32 and thus the position at which the piston rod engages the lever can be varied to alter the effort required to move the handles.

The unit described above forms the basic assembly of the exercising apparatus and is capable of use in this basic form, for example when mounted on a wall. However as shown in Figure 1, a rowing attachment generally indicated at 8 is detachably secured to the bars 2 and 3 of the rectangular framework 1, e.g. by bolts 18. The rowing attachment comprises a square-sectioned tubular main beam 10 mounted on the bars 2 and 3. The tubular main beam 10 telescopically received a square-sectioned extension beam 20, the free end of which carries a ground engaging foot 21. A pedestal 22 is secured on the upper surface of the main beam 10 and a corresponding pedestal 23 is secured on the upper surface of the extension beam 20 at its free end. The pedestals 22 and 23 are formed with respective clamps 24 and 25 which carry a parallel pair of rails 9 for a sliding seat 12. The distance by which the extension beam 20 projects from the main beam 10 can be altered from the fully extended position shown in Figure 1 to the fully retracted position shown in Figure 3 by releasing the clamp 24 by means of a knob 26 so that the rails 9 can be slid relative to the clamp 24.

Also mounted on the beam 10 is a crosspiece 28, best seen in Figure 3, which carries a pair of footrests 11. A socket member 13 (Figs. 1, 2) is secured to the end of the main beam 10 remote from the extension beam 20 and is arranged with its socket 27 extending generally at right angles to the main beam 10. Socket member 13 has a pair of aligned holes 13a. The socket member 13 is arranged to support a bench member 17 which comprises a beam 14 of square cross-section having secured thereto, e.g. by screws, a user support in the form of a bench 15. A through hole 14a near the end of beam 14 enables the bench 17 to be securely pinned or bolted to the socket member 13 through the holes 13a. Thus, when the end of the beam 14 is mounted in the socket 27 in the member 13, the bench 15 extends substantially at right angles to the main beam 10 whereby the apparatus can be

up-ended as shown in Figure 3 for use for performing the exercises of Figures 6a to 6d, and supported partly on feet 29 on the underside of the bench and partly on foldable feet 30 mounted on the bar 2 of the frame 1. Clips 16 (Fig. 4) are provided on the underside of the bench 15 so that the bench can be supported on the rails 9 as shown in Figure 2 to enable the apparatus user to perform the exercise shown in Figure 6e.

A ground-engaging member 31 which is shaped as an inverted T and having a plurality of holes 31a as shown in Figure 5 may be positioned and adjustably pinned in the socket 27 in the member 13 so that the apparatus can be inclined as shown in Figure 6i.

Since the crosspiece 28 carrying the footrests 11 is removably secured by bolts to the main beam 10, the footrests can be removed from the position shown in Figure 1 and secured to the free end of the extension beam 20. If the bench 15 is then placed on the rails 9 as shown in Figure 2, the apparatus can be used to perform a range of exercises in which the handles 5 are pushed instead of being pulled.

It will be appreciated that the exercises shown in Figure 6a to 6i are only examples of those which can be performed with the apparatus of the invention. In figures 6a to 6d the apparatus is in the condition shown in Figure 3 and the exercises illustrated are respectively push-ups from a sitting position; pull-ups from a sitting position; press-ups from a lying position, and a squatting to standing exercise. In Figure 6e the apparatus is in the condition shown in Figure 2 and the exercise shown involves overhead pull-ups from a supine position. In Figures 6f to 6i the apparatus is in the condition shown in Figure 1, that is to say the rowing condition, and the exercises are respectively a sit-up exercise; a rowing exercise; a pushing exercise; and a sit-up exercise with the apparatus inclined.

It is to be understood that the above described apparatus is but one example of the invention. It will be apparent to one of ordinary skill that modifications and changes may be made in the structure of the apparatus without departing from the scope of the invention, which is defined by the appended claims.

Claims

1. A portable free-standing physical exercising apparatus capable of use in a generally horizontal and generally upright position and adapted to be selectively used as a rowing machine or for performing other types of exercises, and having a frame (1), at least one pivoted movable lever operatively connected to said frame and having a handle (5) adapted to be grasped and moved by a user, resistance means (6) operatively coupled to said lever for providing resistance to the move-

ment of said handle, a longitudinal track (9) attached to said frame, a seat (12) slidable along said track, means (11) for bracing the user's feet, a user support (15), and means (13, 13a) for firmly attaching said user support (15) to the apparatus substantially perpendicular to said frame such that when the frame is upright the user can grasp and move said handle while supported at least in part on said user support to stabilize the apparatus during exercise.

2. Physical exercising apparatus according to claim 1, characterised in that said frame (1) is adjustable in length.
3. Physical exercising apparatus according to claim 2, characterised in that said frame (1) includes a longitudinal member comprising two telescoping portions (10, 20).
4. Physical exercising apparatus according to claim 3, characterised by ground-engaging frame support means comprising a support foot (21, 31) at the distal end of each telescoping portion.
5. Physical exercise apparatus according to claim 4, characterised in that one of said support feet (31) is extendible to vary the angle of inclination of said frame.
6. Physical exercising apparatus according to any one of claims 3 to 5, characterised in that the track (9) is parallel to said longitudinal member (10, 20).
7. Physical exercising apparatus according to any preceding claim, characterised by coupling means (13, 14) for detachably coupling said user support (15) to said frame (1).
8. Physical exercising apparatus according to claim 7, characterised in that said coupling means (13) couples one end of said user support (15) to one end of said longitudinal member (10, 20).
9. Physical exercising apparatus according to claim 7 or claim 8, characterised in that said coupling means (13, 14) comprise cooperating male and female coupling elements at said ends of said user support (15) and said longitudinal member (10, 20).
10. Physical exercising apparatus according to any one of claim 7 to 9, characterised in that said coupling means (13, 14) comprises a socket (27) at one end of and generally perpendicular to said longitudinal member (10, 20), and a projecting beam (14) at one end of said user support (15)

and adapted to be received in said socket.

11. Physical exercising apparatus according to any preceding claim, characterised in that said user support (15) comprises a bench. 5
12. Physical apparatus according to claim 11 when dependent of claim 6, characterised by track coupling means (16), on the underside of said bench (15) for coupling said bench to said track (9). 10
13. Physical exercising apparatus according to any preceding claim, characterised by two levers (5) pivoted to said frame (1) on opposite sides of said longitudinal member (10, 20) each of said levers having a handle at its distal end adapted to be grasped and moved by a user, and by a fluid cylinder (6) interconnecting said frame and an intermediate portion of each lever for providing resistance to the movement of the levers. 15
14. Physical exercising apparatus according to claim 13, characterised in that each of said fluid cylinders (6) is adjustably coupled to the intermediate portion of the lever selectively to vary the resistance to movement. 20
15. Physical exercising apparatus according to any preceding claim, characterised by ground-engaging auxiliary support means (17, 30) on or forming part of the frame (1) and/or on or forming part of the user support (15) for supporting the apparatus with the frame in the upright position. 25
16. Physical exercising apparatus according to any preceding claim, characterised by auxiliary ground-engaging frame support means (17) including ground-engaging means (29) on the underside of said user support (15). 30
17. Physical exercising apparatus according to any preceding claim, characterised in that the user support (15) is perpendicular to the track (9). 35

Patentansprüche

1. Transportables, freistehendes Körperübungsgerät, das in einer allgemein horizontalen und allgemein aufrechten Position verwendbar ist und wahlweise als Rudergerät oder für andere Übungsarten benutzt werden kann, und einen Rahmen (1) aufweist, mindestens einen mit dem Rahmen betriebsmäßig verbundenen schwenkbaren Hebel mit einem Handgriff (5), der durch den Benutzer ergriffen und bewegt werden kann, Widerstandsmittel (6), die betriebsmäßig mit dem genannten Hebel verbunden sind, um der bewe-

gung des Handgriffs einen Widerstand entgegenzusetzen, eine sich in Längsrichtung erstreckende Führungsbahn (9), die an dem Rahmen befestigt ist, einen Sitz (12), der entlang der Führungsbahn verschiebbar ist, Mittel (11) zum Befestigen der Füße des Benutzers, eine Benutzerabstützung (15) und Mittel (13, 13a) zum sicheren Befestigen der Benutzerabstützung (15) an dem Gerät in im wesentlichen rechtwinkliger Lage zu dem genannten Rahmen, so daß bei aufrechter Position des Rahmens der Benutzer den Handgriff ergreifen und bewegen kann, während er mindestens teilweise auf der genannten Benutzerabstützung unterstützt wird, um das Gerät während der Übung zu stabilisieren.

2. Körperübungsgerät nach Anspruch 1, dadurch gekennzeichnet, daß der Rahmen (1) längenverstellbar ist.
3. Körperübungsgerät nach Anspruch 2, dadurch gekennzeichnet, daß zu dem Rahmen (1) ein sich in Längsrichtung erstreckendes Bauteil gehört, das aus zwei teleskopartig zusammenarbeitenden Abschnitten (10, 20) besteht.
4. Körperübungsgerät nach Anspruch 3, gekennzeichnet durch auf dem Boden ruhende Rahmenunterstützungseinrichtungen, zu denen je ein Stützfuß (21, 31) am äußeren Ende jedes der teleskopartig zusammenarbeitenden Abschnitte gehört.
5. Körperübungsgerät nach Anspruch 4, dadurch gekennzeichnet, daß einer der Stützfüße (31) ausziehbar ist, um den Neigungswinkel des Rahmens zu verändern.
6. Körperübungsgerät nach einem der Ansprüche 3 bis 5, dadurch gekennzeichnet, daß die Führungsbahn (9) parallel zu dem sich in Längsrichtung erstreckenden Bauteil (10, 20) verläuft.
7. Körperübungsgerät nach einem der vorhergehenden Ansprüche, gekennzeichnet durch Kupplungseinrichtungen (13, 14) zum lösbaren Befestigen der Benutzerabstützung (15) an dem Rahmen (1).
8. Körperübungsgerät nach Anspruch 7, dadurch gekennzeichnet, daß die Kupplungseinrichtungen (13) ein Ende der Benutzerabstützung (15) mit einem Ende des sich in Längsrichtung erstreckenden Bauteils (10, 20) verbinden.
9. Körperübungsgerät nach Anspruch 7 oder 8, dadurch gekennzeichnet, daß zu den Kupplungseinrichtungen (13, 14) zusammenarbeitende in-

neren und äußere Kupplungselemente an den genannten Enden der Benutzerabstützung (15) und des sich in Längsrichtung erstreckenden Bauteils (10, 20) gehören.

10. Körperübungsgerät nach einem der Ansprüche 7 bis 9, dadurch gekennzeichnet, daß zu den Kuppelungseinrichtungen (13, 14) eine Hülse (27) gehört, die an einem Ende des in Längsrichtung verlaufenden Bauteils (10, 20) und allgemein rechtwinklig zu diesem angeordnet ist, sowie ein vorstehender Balken (14) an einem Ende der Benutzerabstützung (15), der von der genannten Hülse aufgenommen werden kann.

11. Körperübungsgerät nach einem der vorhergehenden Ansprüche, dadurch gekennzeichnet, daß die Benutzerabstützung (15) eine Bank umfaßt.

12. Körperübungsgerät nach Anspruch 11, wenn dieser auf Anspruch 6 zurückbezogen wird, gekennzeichnet durch Führungsbahn-Kupplungseinrichtungen (16) an der Unterseite der Bank (15), um die Bank mit der Führungsbahn (9) zu kuppeln.

13. Körperübungsgerät nach einem der vorhergehenden Ansprüche, gekennzeichnet durch zwei Hebel (5), die auf beiden Seiten des in Längsrichtung verlaufenden Bauteils (10, 20) schwenkbar an dem Rahmen (1) gelagert sind, wobei jeder der Hebel an seinem äußeren Ende einen Handgriff aufweist, den der Benutzer ergreifen und bewegen kann, und durch einen hydraulischen Zylinder (6), der den Rahmen und einen Zwischenabschnitt jedes Hebels miteinander verbindet, um der Bewegung der Hebel einen Widerstand entgegenzusetzen.

14. Körperübungsgerät nach Anspruch 13, dadurch gekennzeichnet, daß jeder hydraulische Zylinder (6) mit dem Zwischenabschnitt des Hebels verstellbar verbunden ist, um den der Bewegung entgegengesetzten Widerstand nach Bedarf zu variieren.

15. Körperübungsgerät nach einem der vorhergehenden Ansprüche, gekennzeichnet durch sich auf dem Boden abstützende zusätzliche Stützeinrichtungen (17, 30), die an dem Rahmen (1) angebracht sind oder einen Teil desselben bilden und/oder an der Benutzerabstützung (15) angebracht sind oder einen Teil derselben bilden und dazu dienen, das Gerät zu unterstützen, wenn der Rahmen seine aufrechte Position einnimmt.

16. Körperübungsgerät nach einem der vorherge-

henden Ansprüche, gekennzeichnet durch zusätzliche sich auf dem Boden abstützende Rahmenstützeinrichtungen (17), mit sich auf dem Boden abstützenden Einrichtungen (29) an der Unterseite der genannten Benutzerabstützung (15).

17. Körperübungsgerät nach einem der vorhergehenden Ansprüche, dadurch gekennzeichnet, daß die Benutzerabstützung (15) sich rechtwinklig zur Führungsbahn (9) erstreckt.

Revendications

1. Appareil pour exercices physiques portable auto-supportant pouvant être utilisé dans une position généralement horizontale et généralement verticale, et conçu pour s'utiliser sélectivement en machine à ramer ou en machine destinée à effectuer d'autres types d'exercices, appareil caractérisé en ce qu'il comprend un châssis (1), au moins un levier mobile en pivotement relié en fonctionnement au châssis et comportant une poignée (5) destinée à être attrapée et déplacée par un utilisateur, des moyens de résistance (6) reliés en fonctionnement au levier pour offrir une résistance au mouvement de la poignée, une piste longitudinale (9) reliée au châssis, un siège (12) pouvant glisser le long de cette piste, des moyens (11) destinés à attacher les pieds de l'utilisateur, un support d'utilisateur (15), et des moyens (13, 13a) destinés à fixer solidement le support d'utilisateur (15) à l'appareil dans une position sensiblement perpendiculaire au châssis, de façon que lorsque le châssis est en position verticale, l'utilisateur puisse attraper et déplacer la poignée tout en étant supporté, au moins partiellement sur le support d'utilisateur, de manière à stabiliser l'appareil pendant l'exercice.

2. Appareil pour exercices physiques selon la revendication 1, caractérisé en ce que le châssis (1) est réglable en longueur.

3. Appareil pour exercices physiques selon la revendication 2, caractérisé en ce que le châssis (1) comprend un élément longitudinal constitué de deux parties (10, 20) s'emboîtant télescopiquement.

4. Appareil pour exercices physiques selon la revendication 3, caractérisé en ce qu'il comprend des moyens de support de châssis se montant sur le sol, ces moyens comprenant un pied de support (21, 31) placé à l'extrémité distance de chaque partie télescopique.

5. Appareil pour exercices physiques selon la re-

- vendication 4, caractérisé en ce que l'un des pieds de support (31) est extensible de façon qu'on puisse faire varier l'angle d'inclinaison du châssis.
6. Appareil pour exercices physiques selon l'une quelconque des revendications 3 à 5, caractérisé en ce que la piste (9) est parallèle à l'élément longitudinal (10, 20). 5
7. Appareil pour exercices physiques selon l'une quelconque des revendications précédentes, caractérisé en ce qu'il comprend des moyens d'accouplement (13, 14) destinés à fixer de manière détachable le support d'utilisateur (15) au châssis (1). 10
8. Appareil pour exercices physiques selon la revendication 7, caractérisé en ce que les moyens de couplage (13) relie une extrémité du support d'utilisateur (15) à une extrémité de l'élément longitudinal (10, 20). 15
9. Appareil pour exercices physiques selon l'une quelconque des revendications 7 et 8, caractérisé en ce que les moyens d'accouplement (13, 14) comprennent des éléments de couplage mâle et femelle associés se plaçant aux extrémités du support d'utilisateur (15) et de l'élément longitudinal (10, 20). 20
10. Appareil pour exercices physiques selon l'une quelconque des revendications 7 à 9, caractérisé en ce que les moyens d'accouplement (13, 14) comprennent une alvéole (27) se situant, généralement perpendiculairement, à une extrémité de l'élément longitudinal (10, 20), et une poutre en saillie (14) se situant à une extrémité du support d'utilisateur (15) et destinée à venir se loger dans l'alvéole. 25
11. Appareil pour exercices physiques selon l'une quelconque des revendications précédentes, caractérisé en ce que le support d'utilisateur (15) est constitué par un banc. 30
12. Appareil pour exercices physiques selon la revendication 11 dépendant de la revendication 6, caractérisé en ce qu'il comprend des moyens de montage de piste (16) placés du côté inférieur du banc (15) pour relier celui-ci à la piste (9). 35
13. Appareil pour exercices physiques selon l'une quelconque des revendications précédentes, caractérisé en ce qu'il comprend deux leviers (5) montés en pivotement sur le châssis (1) des deux côtés opposés de l'élément longitudinal (10, 20) chacun de ces leviers comportant, à son extrémité distante, une poignée destinée à être attrapée et déplacée par un utilisateur, et un cylindre à fluide (6) reliant le châssis à une partie intermédiaire de chaque levier pour offrir une résistance au mouvement des leviers. 40
14. Appareil pour exercices physiques selon la revendication 13, caractérisé en ce que chacun des cylindres à fluide (6) est relié de manière réglable à la partie intermédiaire du levier de façon qu'on puisse faire varier sélectivement la résistance au mouvement. 45
15. Appareil pour exercices physiques selon l'une quelconque des revendications précédentes, caractérisé en ce qu'il comprend des moyens de support auxiliaires de fixation au sol (17, 30) placés sur le châssis (1) ou faisant partie de celui-ci, et/ou encore faisant partie du support d'utilisateur (15) pour supporter l'appareil de façon que le châssis soit en position verticale. 50
16. Appareil pour exercices physiques selon l'une quelconque des revendications précédentes, caractérisé en ce qu'il comprend des moyens de support de châssis auxiliaires se montant sur le sol (17) comprenant des moyens de fixation au sol (29) situés du côté inférieur du support d'utilisateur (15). 55
17. Appareil pour exercices physiques selon l'une quelconque des revendications précédentes, caractérisé en ce que le support d'utilisateur (15) est perpendiculaire à la piste (9). 7

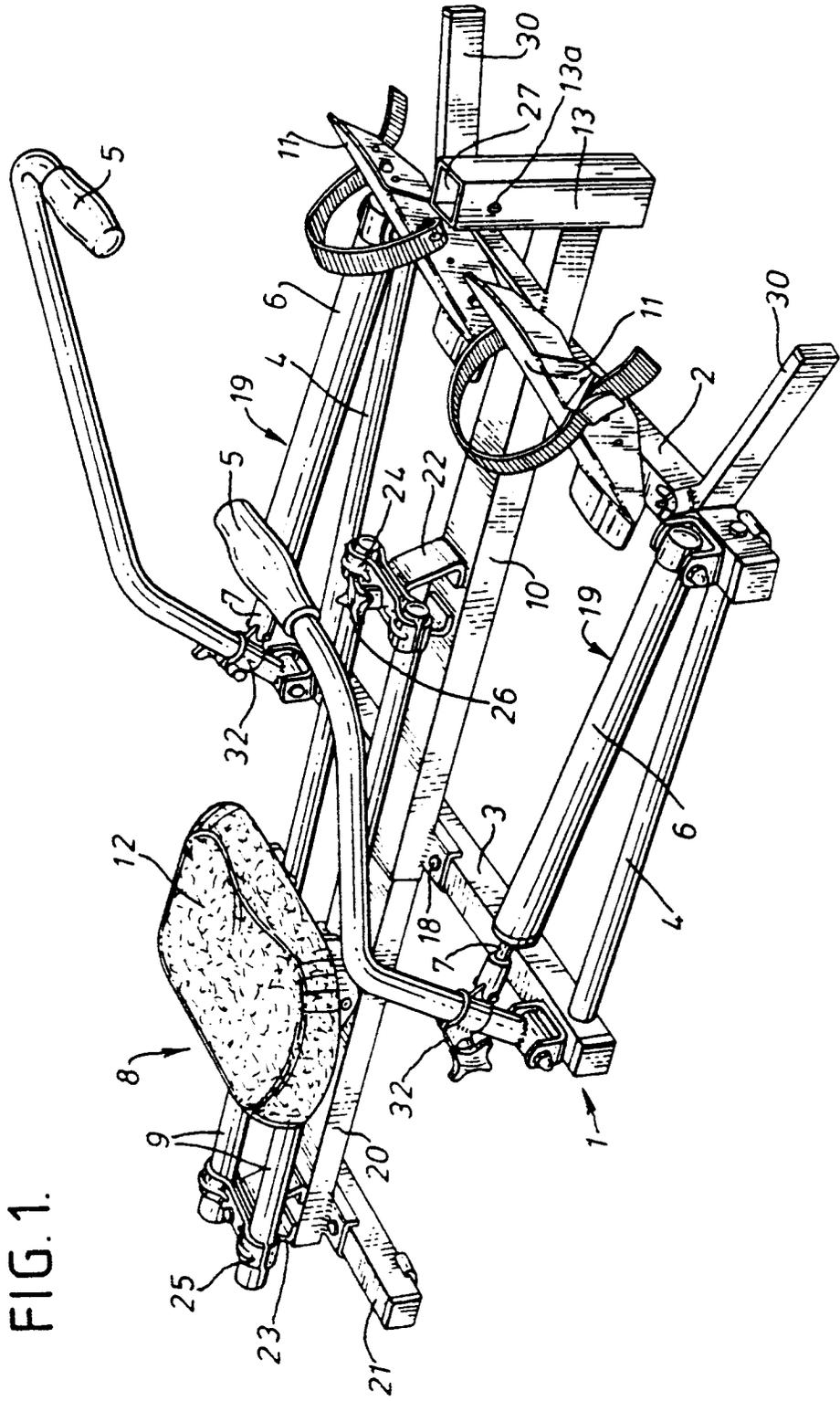


FIG. 1.

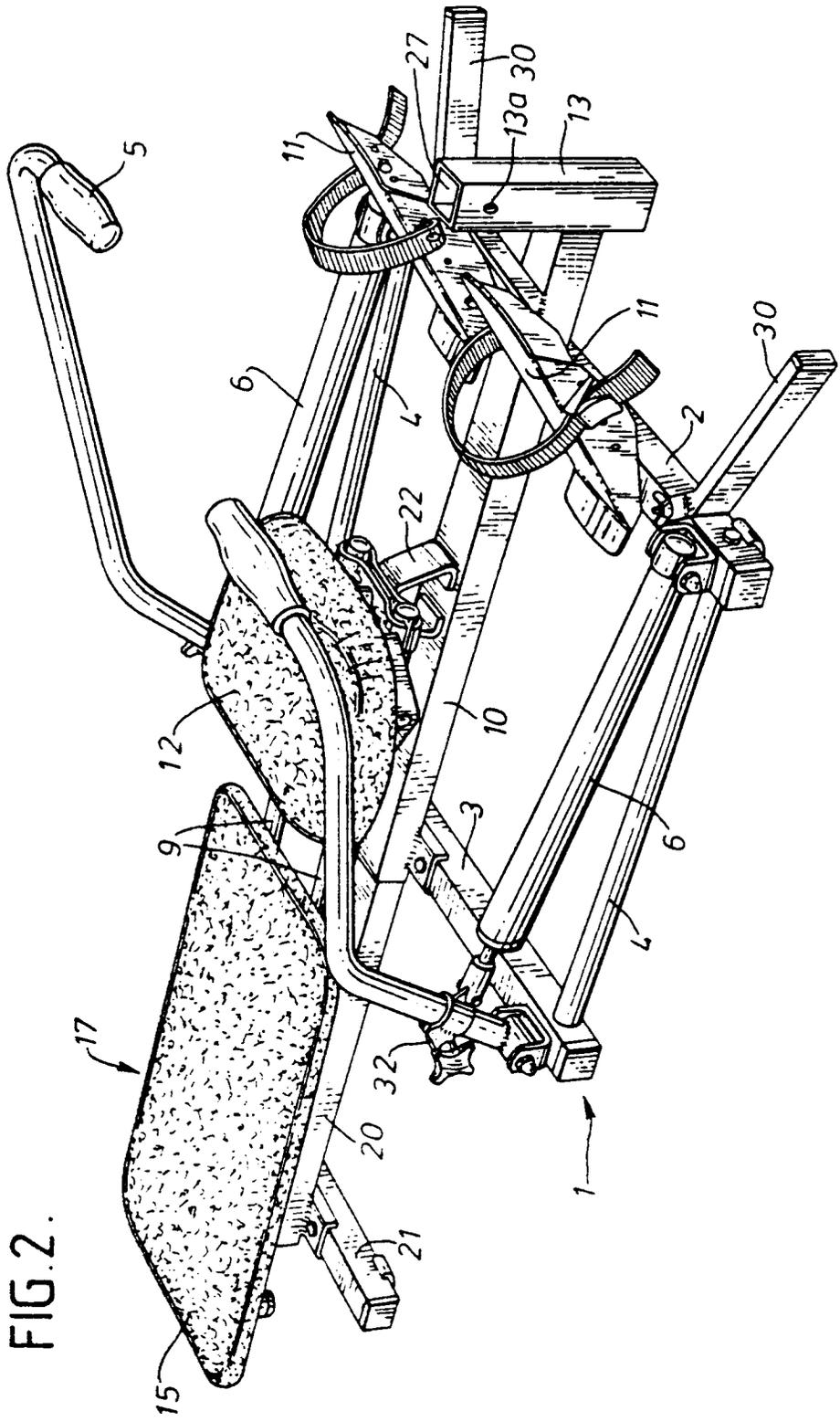
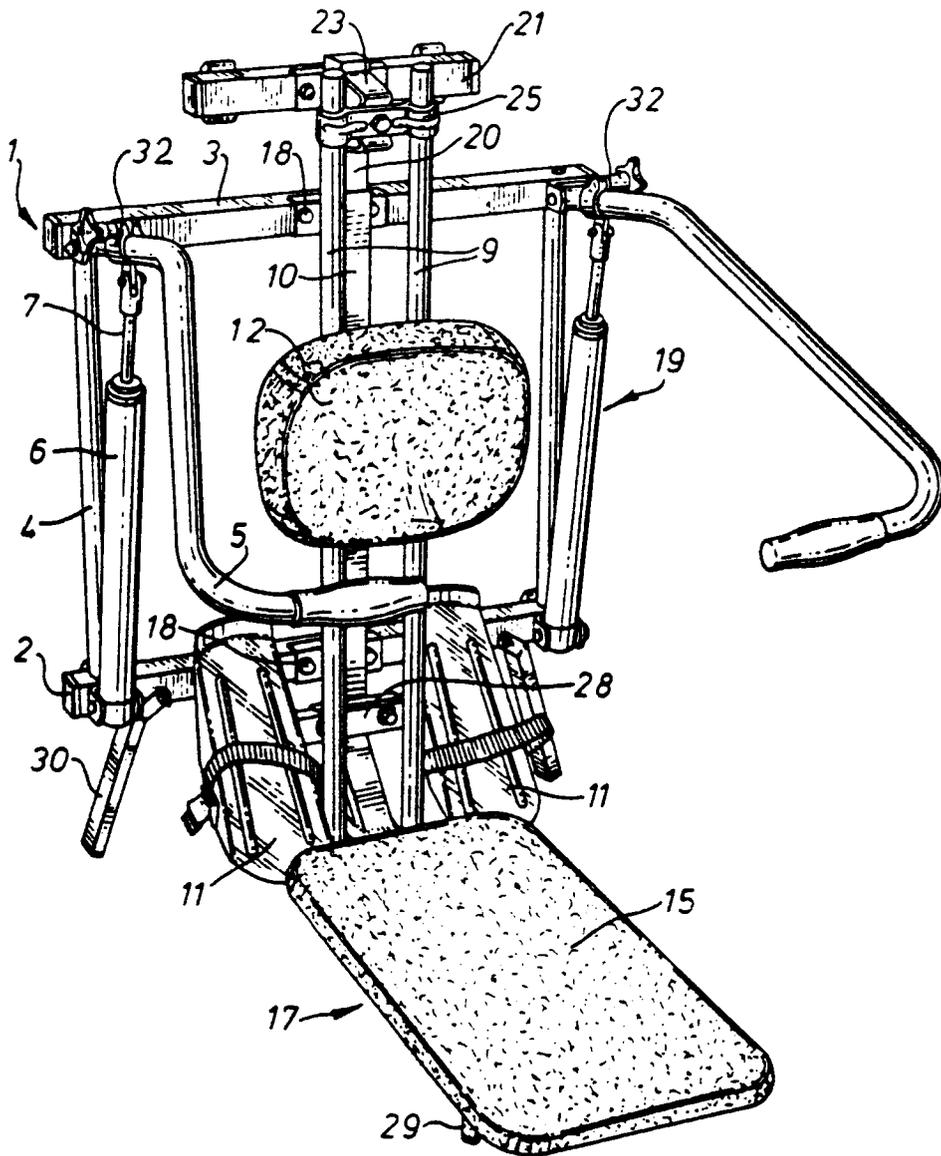


FIG. 2.

FIG. 3.



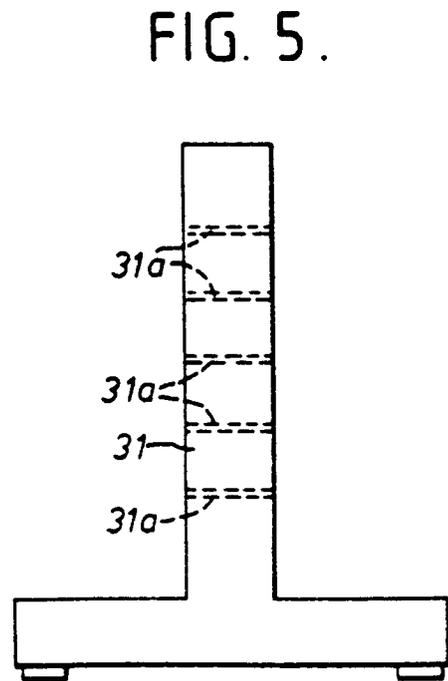
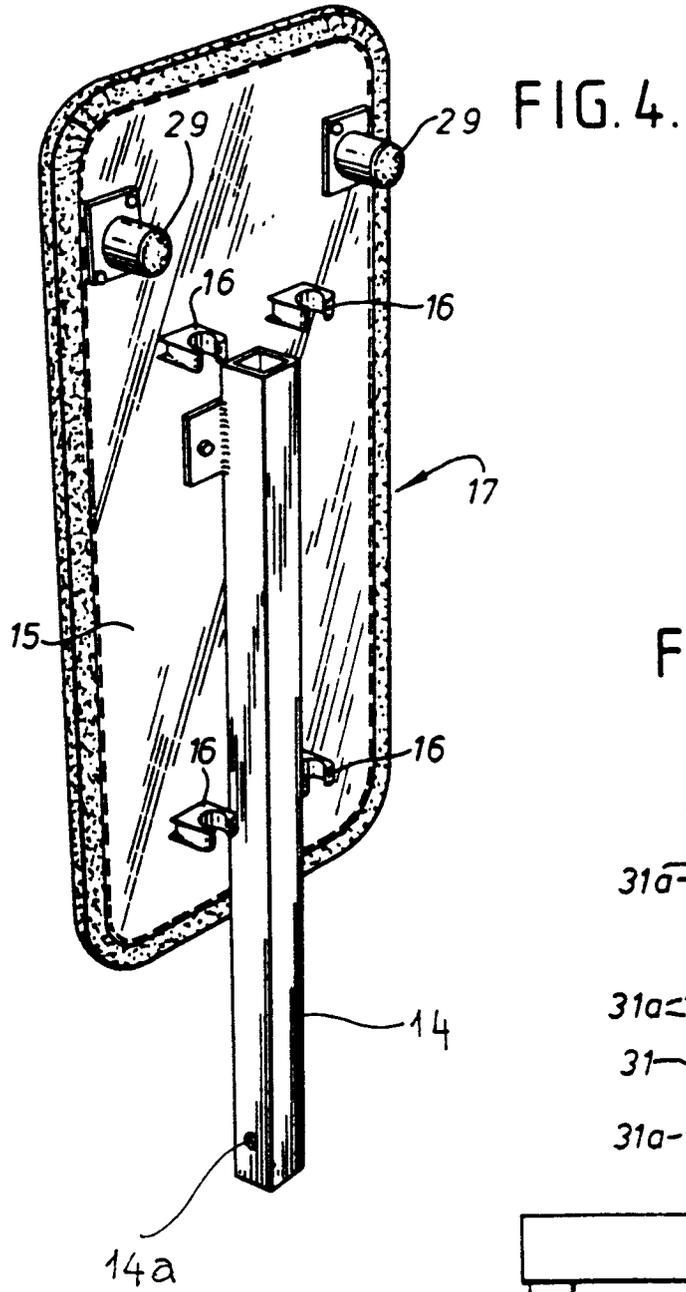


FIG. 6a.

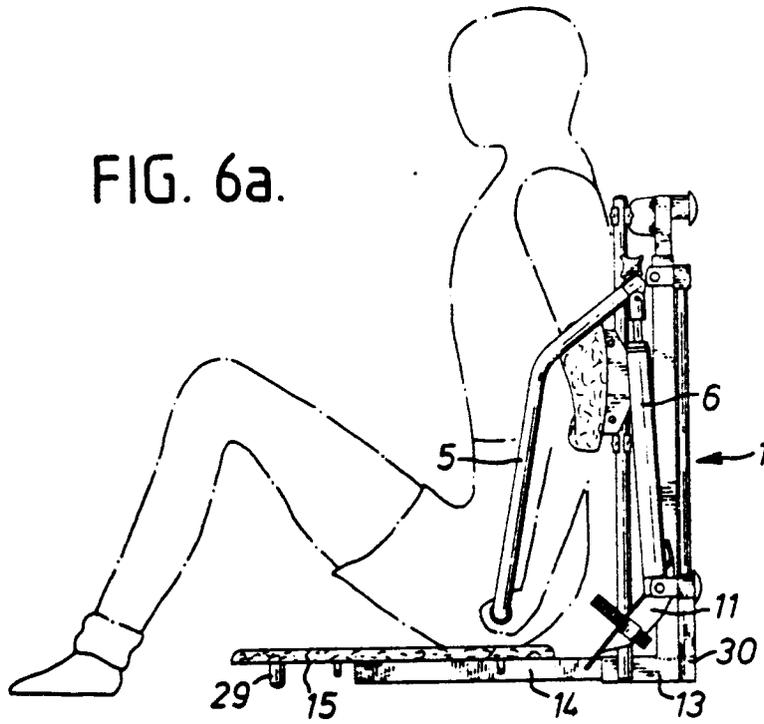


FIG. 6b.

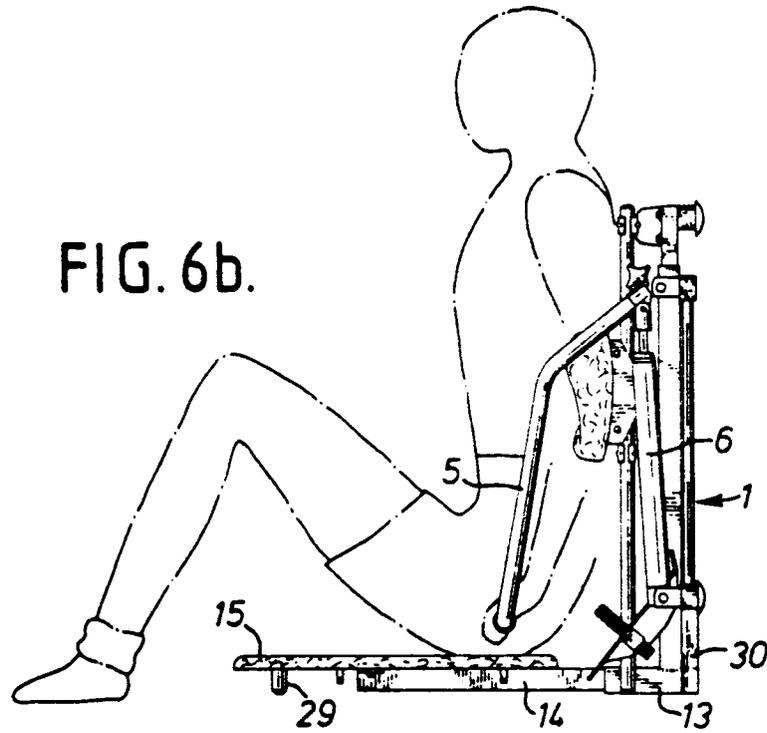


FIG. 6c.

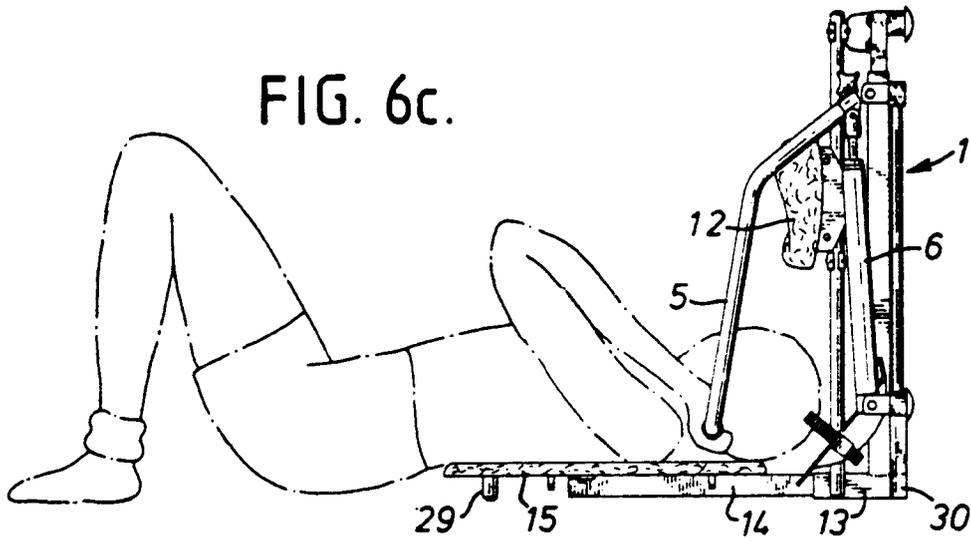
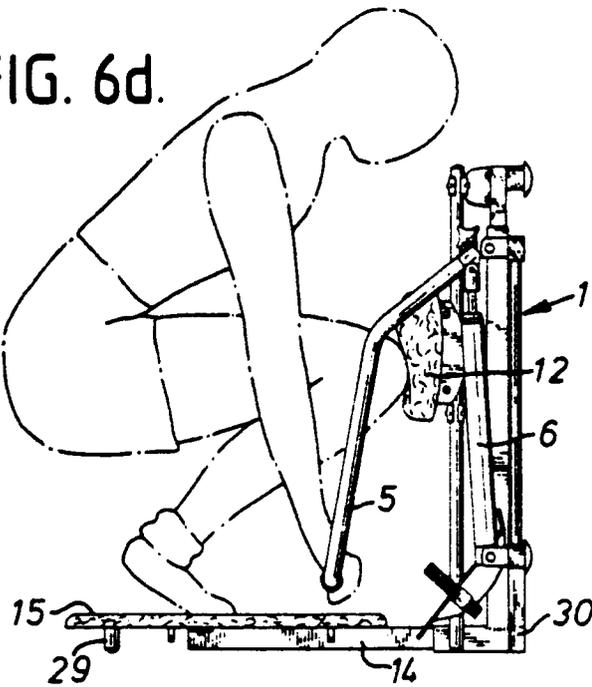


FIG. 6d.



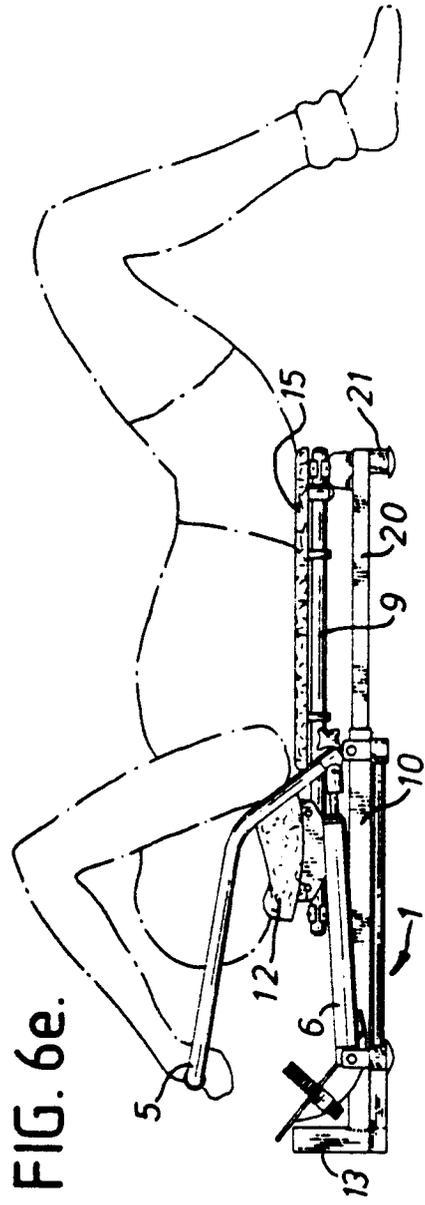


FIG. 6f.

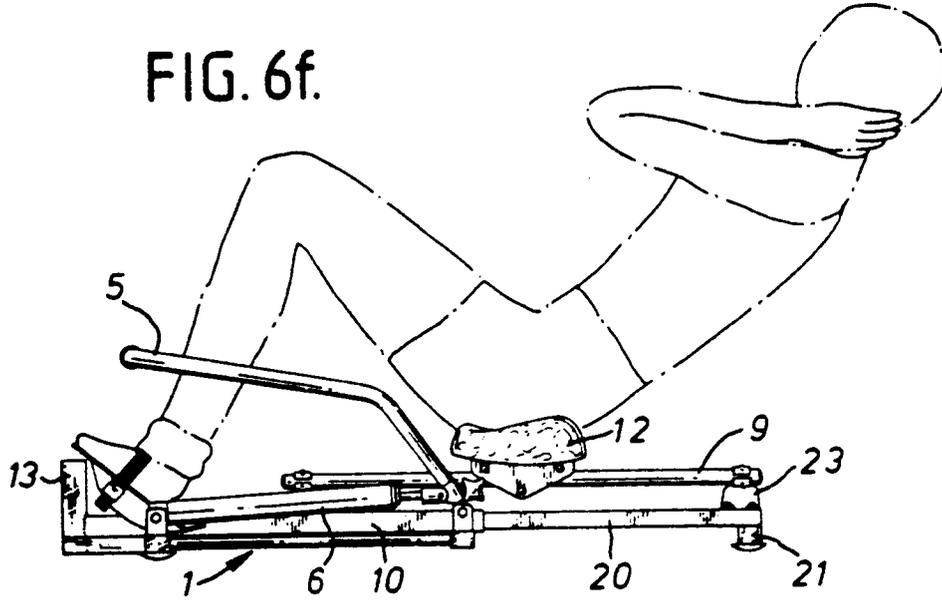


FIG. 6g.

